## Taco Chicken

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0 FSP — Can be used for tacos, in a salad, over rice....endless possibilities!

- 4 boneless, skinless chicken breasts
- 1 package taco seasoning
- 1/2 cup taco sauce

## For Instant Pot

- 1. Place 2 cups water in Instant Pot
- 2. Place chicken on the trivet rack.
- 3. Sprinkle with taco seasoning. Pour on taco sauce
- 4. Cook on high pressure for 12 minutes. Natural release. Drain almost all excess liquid (leave about 1/4 cup). Shred chicken.

## Crockpot

- 1. Place chicken breasts and 1/2 cup water in crock pot.
- 2. Sprinkle on taco seasoning and pour on sauce.
- 3. Cook on low for 6-8 hours or high for 4. Shred chicken